



## ServeNoMaster 144: Fighting Strangers

### Highlights:

[7:18] The more time you spend enforcing social norms, the less time you have to spend for yourself.

[8:36] What is your defining motivation behind your behavior?

[13:53] When you pull negative energy into your life, the things you do get affected.

[15:55] The things we do can affect our behavior.

[18:22] The little things that we think are nothing are actually affecting our work and behavior.

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